

# 10KM TRAINING PLAN

## THE ROOKIE TRAINING PLAN - RUN 10KM IN 8 WEEKS -

Introducing the new 10km training plan from the expert coaches at Tri-ActiV8! Designed for runners who already engage in regular exercise 1-2 times per week, and can comfortably manage a 2km+ run, this plan offers a mix of training techniques to maximize both results and enjoyment. Whether you're looking to take your fitness to the next level or simply shake up your routine, this plan promises to deliver.

### Interval Training

Interval training works different levels of your cardiovascular fitness. This type of training will increase your aerobic resistance & also assist you when surging in the race.

*Cathy Freeman Oval or Mackay Aquatic and Recreation Complex (MARC)*

### Negative Split Run

Choose an out-and-back route that's relatively flat. Run out at a steady pace for time, turn & run back, increasing your pace to get back in less time. Leave some time for a short cool down run. A negative split run will benefit anyone who struggles with pacing – especially those who start too hard.

*Gooseponds*

### X-TRAIN

Incorporating other activities in your training can be very beneficial. Incorporate other disciplines such as cycling & swimming into your training program. In addition, you should follow a strength training program at least once a week. This program should contain core strengthening exercises as well as lower body ones.

### LSD - 'Long Slow Distance'

LSD is the practice of running longer distances at an "easy" pace rather than shorter ones to exhaustion. The slower pace allows the runner to go longer &, therefore (supposedly), gain more fitness.

*Mackay Marina or Botanic Gardens*

### Tempo

Sustained effort training runs, usually 20 to 30 mins in length, at 10 sec per km slower than 10km race pace. Another way to gauge the pace of tempo runs: a pace about midway between short-interval training speed & your easy running pace. *Blue Water Trail Lagoon to Botanic Gardens*

### Hill Training

Training on hills improves leg-muscle strength, quickens your stride, expands stride length & develops your cardiovascular system. In short, hill running will make you a stronger, faster & a healthier runner.

*Mt Bassett Hill*



### Stretching

It's common knowledge that stretching is a vital component of injury prevention. Research supports the notion that muscles require warmth before undergoing stretching exercises. Therefore, it's recommended to engage in active stretching after a brief warm-up and stretch once more post-workout after the cool-down phase.



**mackay  
marina  
run** BMA  
BMA Mackay Runners

# TRI-ACTIV8'S TIPS TO GET MOTIVATED

TRAINING WITH A COACH & GROUP OF LIKE-MINDED PEOPLE WILL KEEP YOU FOCUSED & ON TRACK FOR ACHIEVING YOUR GOALS!

## Progress

Maximizing Your Training Sessions: Stay Focused and Keep Moving Forward. To make the most of each training session, it's important to understand the objective and stick to the plan. Don't just repeat what you already know and enjoy – challenge yourself and strive for progress.

## Get motivated

Participating in the Mackay Marina Run is an excellent objective to strive for, but don't forget to set smaller milestones along the way. Running a parkrun is a great way to track your progress.

## Find a group!

Mackay has many amazing running clubs and groups!

**MACKAY ROAD RUNNERS:** The Mackay Road Runners (MRR) host weekly training sessions on a Wednesday free of charge. Weekend races generally offer 2 distances & cost \$2 for members & \$10 for non-members. Check out their website: <http://www.mackayroadrunners.com/>

**TRI-ACTIV8 COACHING:** Group coaching sessions and individualised training programs designed to build your fitness and achieve your goals. Venues and sessions vary, check out their website for more details: <http://www.tri-activ8.com.au>

**MACKAY parkrun:** parkrun is a free, weekly 5km timed run that is open to everyone! The Mackay parkrun is on every Saturday morning at 7.00am from the Mackay Botanical Gardens (opposite Jackson Street). There is a once off free registration through: <http://www.parkrun.com.au/register/>

**LRC Running Club Mackay:** Learn to run 5km with a proven interval program. LRC members are then encouraged to continue running 5km or to train to better their times and lengthen their distances. Program commences 4th February: <https://www.facebook.com/lrcrunningclub/>

## Make time for training

Picture this: You, your pals, and some slick training moves. Don't let training become a drag! Make it part of your daily groove. It's a win-win: quality time with friends while getting fit. So, grab your buddies and get moving!

## Gear up!

**Preparing for Your Run: Essential Gear**  
To ensure a comfortable and enjoyable run, it's important to get properly kitted out. Start with investing in a good quality pair of running shoes that fit well, and don't forget about the socks. Taking these simple steps can make a big difference!

# 10KM TRAINING PLAN - WEEKS 1 TO 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>						
REST	10 min jog - <b>Repeat 8 X</b> 100m sprint 100m walk - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 4 X</b> 400m tempo 2 min rest - 10 min jog	REST OR X-TRAIN	parkrun run or jog record your time here: .....	LSD 30 min run
<b>WEEK 2</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 3 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 6 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST OR X-TRAIN	X-TRAIN or parkrun	LSD 40 min run
<b>WEEK 3</b>						
REST	10 min jog - <b>Repeat 6 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 4 X</b> 400m tempo 1 min rest - 10 min jog	REST OR X-TRAIN	parkrun run or walk record your time here: .....	LSD 50 min run
<b>WEEK 4</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 4 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 6 X</b> 400m tempo 1:30 min rest - 10 min jog	REST OR X-TRAIN	X-TRAIN or parkrun	LSD 45 min run

# 10KM TRAINING PLAN - WEEKS 5 TO 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 5</b>						
REST	LSD 45 min run	REST OR X-TRAIN	10 min jog - <b>Repeat 2 X</b> 1km run out 1km run back faster Rest 5 min - 10 min jog	REST OR X-TRAIN	parkrun jog or run record your time here: .....	LSD 1hr run
<b>WEEK 6</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 5 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	LSD 50 min	REST OR X-TRAIN	X-TRAIN or parkrun	10 min jog - 8km tempo - 10 min jog
<b>WEEK 7</b>						
REST	LSD 40 min run	REST OR X-TRAIN	10 min jog - <b>Repeat 8 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST OR X-TRAIN	parkrun run or walk record your time here: .....	10 min jog - 6km tempo - 10 min jog
<b>WEEK 8</b>						
REST	10 min jog - 3km fast run - 5 min jog	GET A MASSAGE IT'S RACE WEEK!	10 min jog - <b>Repeat 6 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST	10 min jog - <b>Repeat 6 X</b> 30 sec sprint 1 min jog - 5 min jog	RACE DAY <b>YOU HAVE GOT THIS!!!</b>